



Manresa Jesuit Spiritual Renewal Centre

2325 Liverpool Road, Pickering, ON L1X 1V4
manresa-canada.ca 905-839-2864

DAY OF REFLECTION

March 25, 2024

with

Fr. Henk van Meijel, SJ

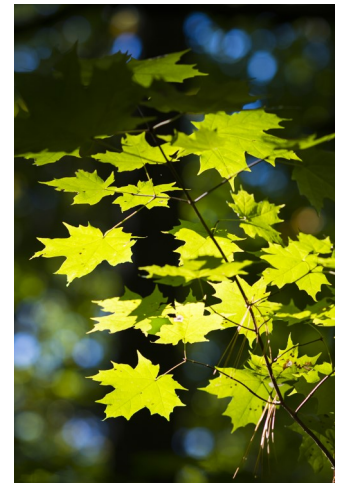
“Walk beside me.”

We are blessed to live and work in a multicultural and multiethnic society with a great diversity of religious traditions. This great diversity also challenges each one of us as we become increasingly aware of our personal biases which we acquired along our life journey.

This retreat is about becoming to a greater awareness of our personal biases and to pray with it in a loving way, just like Jesus was confronted with many biases in his culture.

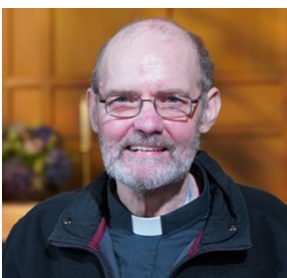
Schedule for the Day:

- 9:00** Registration - coffee & muffins
- 9:30** Welcome & Session # 1 in Chapel
- 10:30** Private prayer. Exposition of the Blessed Sacrament. Opportunity for Confession, reflection, and time to wander our grounds.
- 11:30** Meditation with Chaplain Tomy Valookaran. (Brebeuf Conference Room)
- 12:30** Lunch in our Dining Room
- 1:45** Session # 2 in Chapel
- 2:30** Mass. Depart. You are welcome to stay longer for private prayer, reflection, and enjoy our grounds.



Suggested Offering: **\$ 65.00** per person *(Includes lunch and coffee/tea break.)*

Register online at: manresa-canada.ca OR email: registration@manresa.ca



Fr. Henk is the director of Manresa. Henk joined the Society of Jesus in 2006 at age 50, after having been proprietor for 25 years of a small business, and about five years of coordinating youth ministry. His initial spiritual direction formation was at Loyola House, Guelph, Ontario. He has a Master of Divinity degree from Regis College, Toronto. He worked at the Jesuit Native apostolate on Manitoulin Island, whereupon he studied at the University of Divinity, Melbourne, Australia, with an emphasis on Ignatian leadership and pastoral counselling.